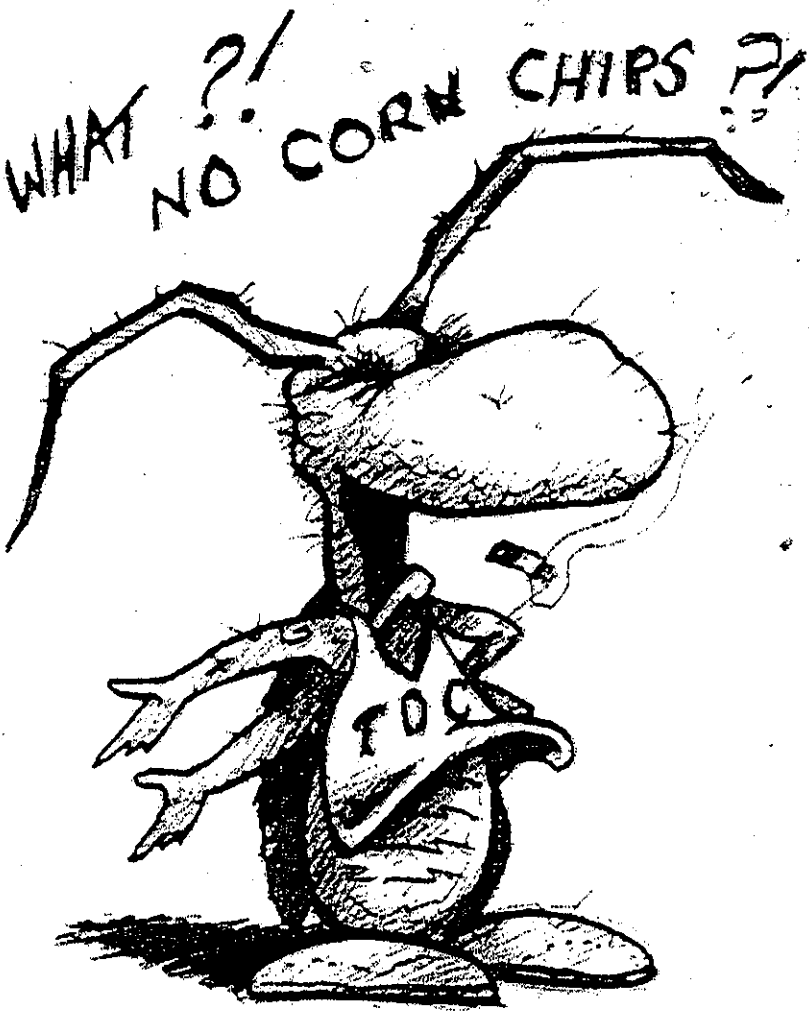
A Prisoner's Cookbook



Compiled By:

The Iron Ghetto Gourmet

PRISONERS ... WORK

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TO
COOK

A PRISONER'S COOKBOOK:
Recipes From Inside The Big House

Compiled By:
The Iron Ghetto Gourmet

A Prisoner's Cookbook:
Recipes From Inside The Big House

By: The Iron Ghetto Gourmet

Anti-Copyright

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INTRODUCTION

Welcome to the wonderful world of convict cooking! I want to thank everyone who contributed recipes, and other material for this book.

Inside these pages you will find recipes from prisoners all over the United States. Some of these recipes are very simple to make, requiring nothing more than a few can goods and dried soups from your commissary and a stinger or a hot-pot to recipes that need items that have to be "obtained" from the prison kitchen, access to a hotplate and/or oven. Most of these recipes are easily fixed in your cell, or even on the run from the police!

There are recipes in here that can satisfy even the sweetest of sweet-tooths. How about some Freaky Fudge Cheesecake Pie, several great tasting milk shakes, or how does some Chocolate Peanut Butter Pudding sound?

Want some meaty spreads for you and your partners to sink your teeth into, but don't have alot of money to spend at the store? Try some of these mouth watering spreads for which the ingredients are easily found on the cellblock or outside on the yard: Rodent Stew, Stewed Rodent or even some Puerto Rican Pigeon Soup. Maybe those are a little too strange for your tastes, in that case try some of these: Jailcell Spaghetti Spicy V8 Jack Mack, or even some Slacker Pizza.

And just to keep you laughing while you're waiting for your spread to cook, I've also included some other stuff, there are some cartoons, jokes, funny stories, as well as a dictionary of convict prison-slang, (for you inmates!)

Several people have sent in instructions on how to put together a stinger, one burner stove, and even an oven in your cell. But because prison mailrooms are notorious for denying anything that they consider to be a "threat to the security of the institution" I've had to leave that information out so that everyone would be able to get their book. Besides, if you're a **real** convict you can figure out all of that stuff for yourself, and if you can't, then I suggest that you go and hang-out with the **inmates!**

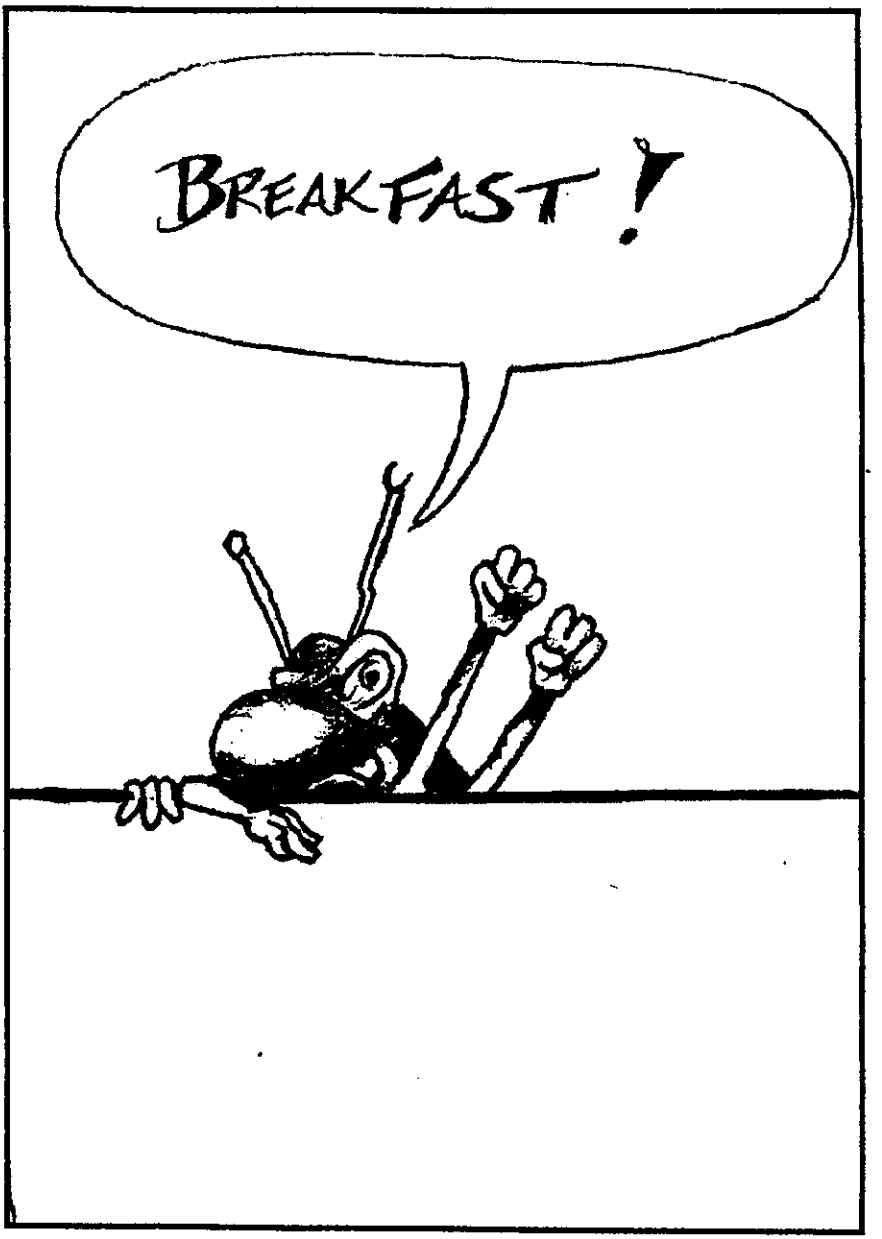
Anyway, whether you're an inmate or convict I hope that you like this book and will tell others about it If you have any suggestions on how to improve it or if you have recipes or other material to submit for the next edition, send it to the address that is listed on the copyright page.

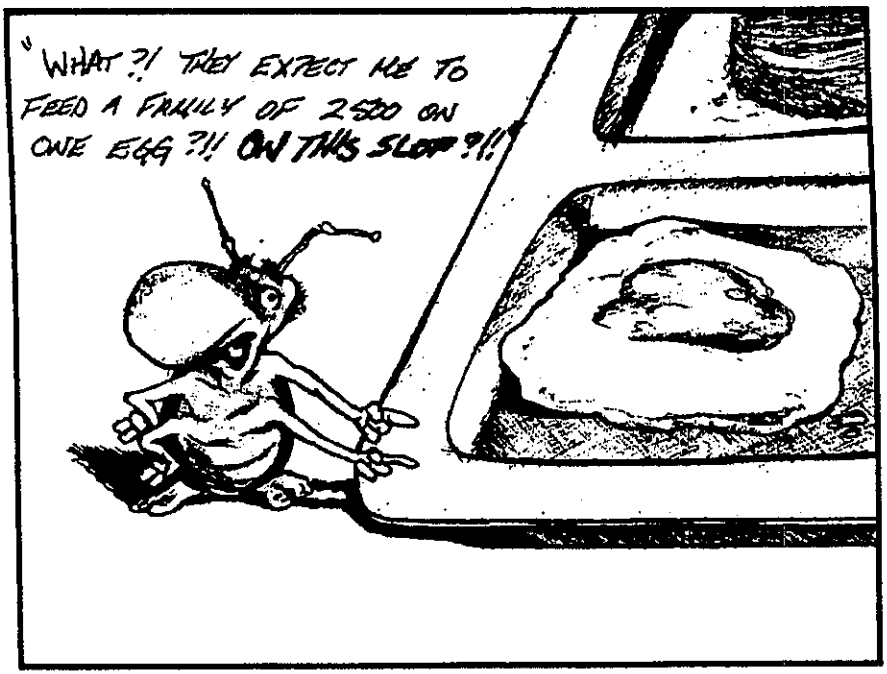
Thanks everyone.

EAT AND ENJOY!

The Iron Ghetto Gourmet
Down In Texas

"YOU WHITE-FOLKS AIN'T GONNA KEEP TRYING TO FEED ME THESE WORTHLESS CRUMBS! I AIN'T GONNA TAKE THIS SHIT NO MORE!!"


BREAKFAST!


"WHAT?! THEY EXPECT ME TO FEED A FAMILY OF 2500 ON ONE EGG?!! ON THIS SLOP?!!

BREAKFAST ON THE RUN

3 Tbsp of dry milk
1 Cup of potato flakes
¼ Cup of cheese cut into small pieces
1 Tbsp of butter/oleo
1 Cup of hot water
Garlic and chili powder
salt & pepper to taste

Add milk and butter into hot water. Stir in potato flakes and cheese until just moist. Wait 2 minutes and add any spices that you like.

BREAKFAST QUESADILA

1 Pkg of tortillas
1 Bell pepper sliced thin
1 Can of roast beef
1 Brick of cheese
1 Cup of picante sauce

Heat a pie pan on your buttcan stove. Heat the roast beef in a hotpot or boiling water. Pull the roast beef apart until it's stringy looking. Place a tortilla on heated pie pan. Place cheese and roast beef on the tor tilla. Add the sliced bell (or jalapeno) pepper. As the cheese melts pour on the salsa. Fold tortilla in half. Pull it out of the pan, and eat it immediately while telling your partners that the next on is their!!

BREAKFAST PORRIDGE WITH A TWIST

1 Cup of oats
¼ Cup of dry milk
¼ Cup of chopped fruit
½ Tsp of cinnamon
Glob of butter
2 Cups of water
¼ Cup of raisins
¼ Cup of chopped nuts
Sugar to taste
Dash of salt

Bring oatmeal, dry milk, fruit, salt, and water to a boil. Simmer, stirring often until porridge is the desired consistency. Top with butter, sugar, cinnamon, and nuts. Takes about 10 minutes once the water boils. Substitute ¼ cup of oatmeal or ¼ cup of Grapenuts or Shredded Wheat. It gives it a different taste and texture.

Linda Berry
Merritt Island, FL

COFFEE CAN OMELETTE

3 Eggs
¼ Cup of salsa
Salt & pepper to taste
¼ Cup of grated cheese
¼ Cup of chopped ham

Crack eggs into a bowl and whip until mixed. Add in the cheese, ham, salsa and seasonings. Pour the mixture into a plastic bag that won't leak. Place bag in a hot pot, coffee pot, or very hot water and let cook 10-15 minutes.

David Jenkins
Rosharon, TX

BREAKFAST TACOS

1 Lg potato
4 Eggs
Bacon or sausage cut up
1 Tbsp of butter
1 Lg onion chopped
Seasonings to taste

Skin and slice potato. Melt butter in a frying pan. Add potato, meat, and onion. Fry and stir. Beat eggs pour over other ingredients. Cook in pan until the eggs reach the desired consistency. Add spices.

Keith Tate
Ione, CA

THE SLACKER BREAKFAST

1 Bagel or rice/oat cake
1 Sm pkg of peanuts
1 Jar of peanut butter
1 Sm pkg of raisins

Spread peanut butter on bagel or rice/oat cake. Top it with raisins or other dried fruit, peanuts or other toppings of your choice. There is no limit to what you can do with this.

THE EYE OPENER SYRUP

2 Cups of ground coffee
½ Cup of sugar

Boil coffee continuously. Add sugar a spoonful at a time and stir. Boil until almost a syrup. It thickens as it cools down. Pour over pancakes for the best damn syrup that tastes good and wakes you up!

PRISON CELL MADE PANCAKE TOPPINGS

QUICK & EASY TOPPINGS

#1 Brown sugar
#2 Jelly
#3 Applesauce
#4 Peanut butter
#5 Combination of all/some of the above

APPLE SYRUP

½ Cup of sugar
½ Cup of water
1 Pkg of hot apple cider mix

JELLY SYRUP

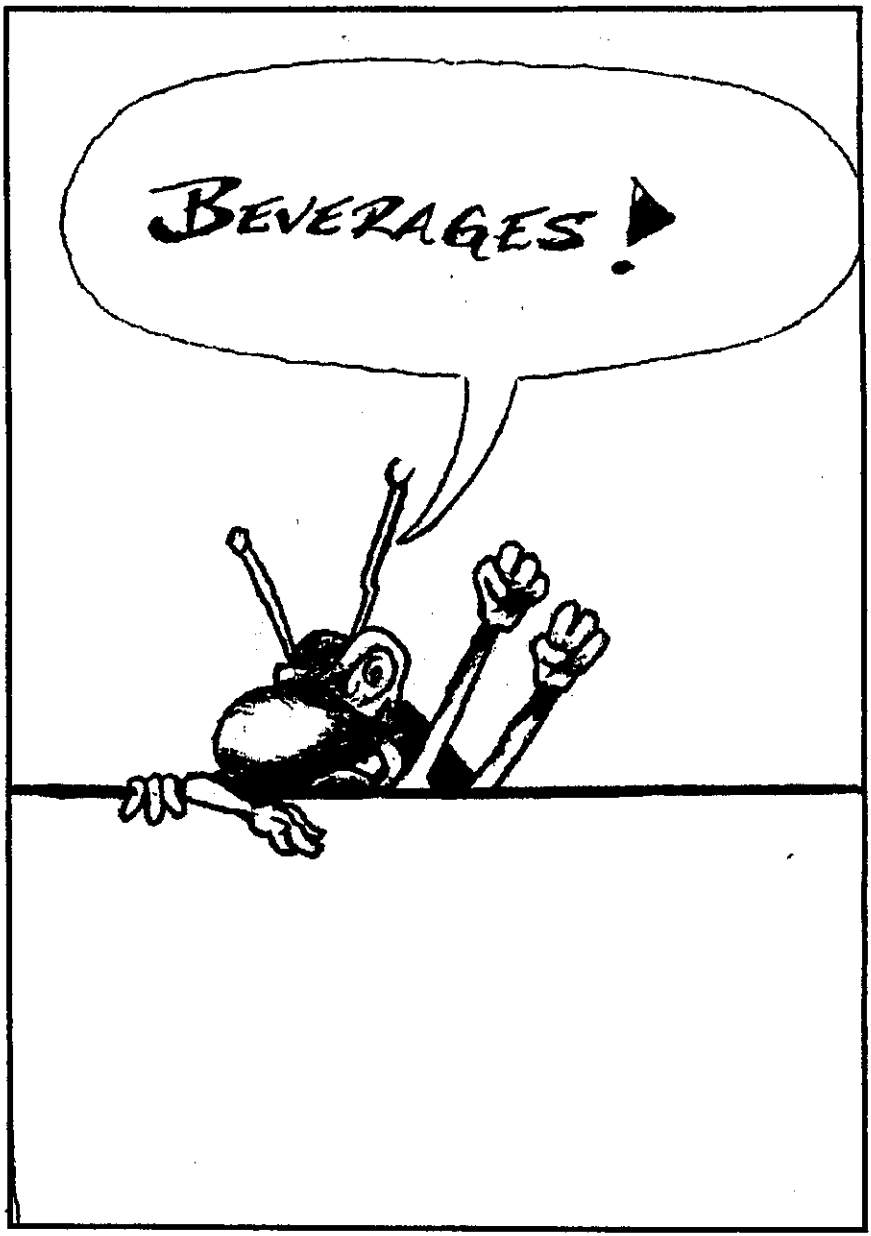
½ Cup of jelly (any kind)
3 Tbsp of butter

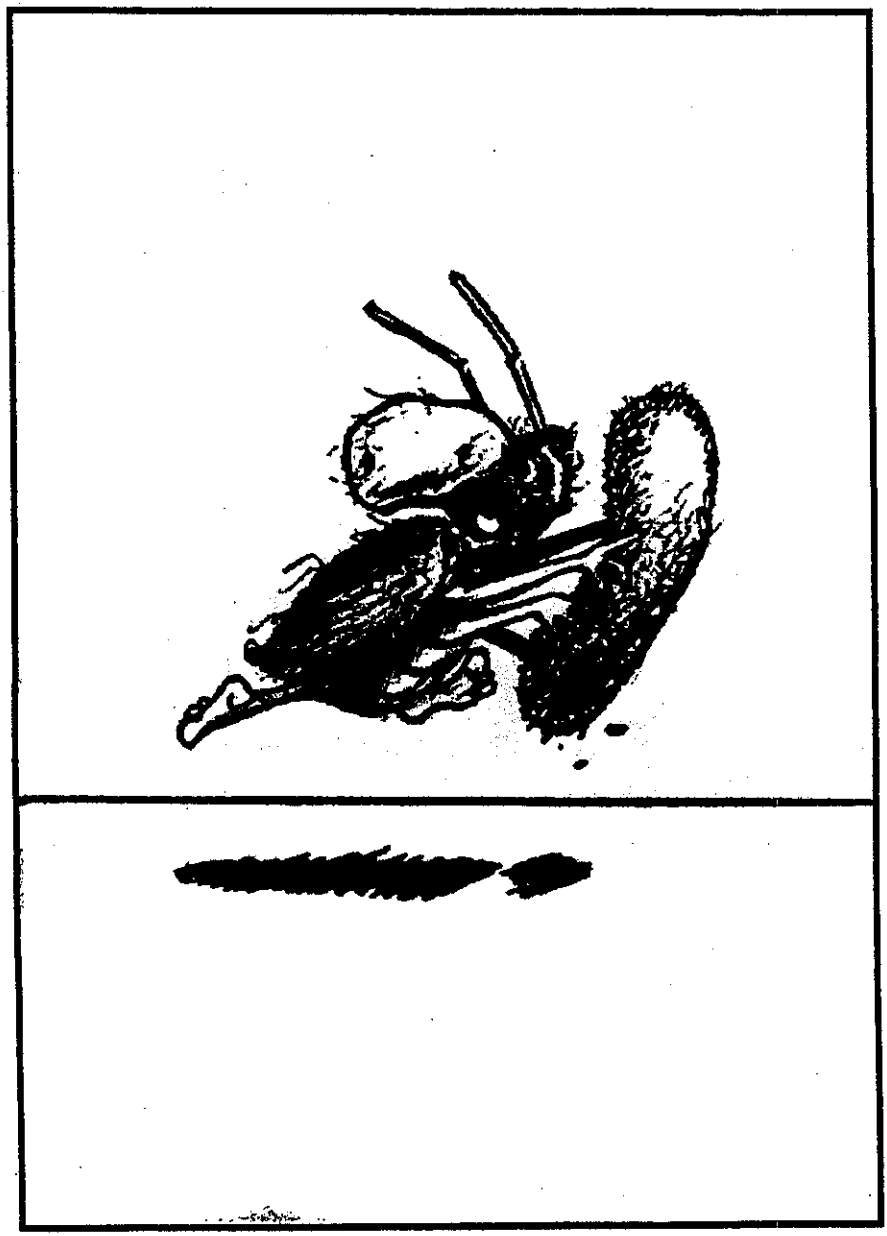
HONEY SYRUP

1 Cup of honey
1 Tbsp of vanilla
2 Tbsp of water
2 Tbsp of butter
½ Cup of coconut (if you can get it)

Heat all ingredients to desired consistency. These instructions are for all three syrup recipes above.

Dwayne Eddings
St. Louis, MO


BEVERAGES!



GOURMET COFFEE A LA PRISON CELL #1

1 Spoonful of coffee
1 Cherry Cool-off
1 Crushed mint-stick

Add Cool-off and crushed mint-stick to your shot of very hot coffee.

GOURMET COFFEE A LA PRISON CELL #2

1 Spoonful of coffee
1 Can of Big Red or strawberry flavored soda
1 Crushed mint-stick

Heat soda until it's very hot (not boiling). Add in your coffee and mint stick. Mix well.

Kevin Zettner
Huntsville, TX

STRAWBERRY MILK SHAKE

½ Cup of dry milk
1 Cup of very cold water
1 Bottle of strawberry pre serves or some real straw berries if you have any

Mix dry milk and strawberry preserves or strawberries in a large cup with the cold water. Use as much preserves or berries as needed. You can use other fruit or even a melted chocolate candy bar for a chocolate milk shake.

PRISON GROG

2 Parts hot cocoa mix
1 Part sugar
2 Parts dry milk
Mini marshmallows

Mix everything together. Measure about ¼ cup into your cup (or to taste), and fill with boiling water, or very hot water. Stir well

ORANGE DELIGHT

1 Tsp of orange drink mix
2 Tsp of instant vanilla pudding.
1 Tsp of dry milk

Dump all of the ingredients into a 16-oz cup. Add cold water and stir well.

SNOW SHAKE

2 Tbsp of egg powder
1 Tbsp of sugar
1 Cup of water
¼ Cup of dry milk
1 Tsp of vanilla
3 Tbsp hot choc (opt)

Mix all ingredients well and add snow until mixture is thick and creamy. Leave out the sugar and add 3 tbsp of hot chocolate, instant pudding or cheesecake mix for a different taste.

John Klatz
Jersey City, NJ

CHOCOLATE SHAKE

2 Cups of very cold water
1 Env of instant chocolate pudding mix
½ Cup of dry milk

Don't use much water. Shake mix in a container with a tight lid that won't leak for about 1 minute. If you can, place into a bowl with ice so that it can thicken as much as possible. Make it thicker and you can use it as a cake topping as well.

Ronald Greenwood
Pontiac, MI

SNACKS AND TREATS!

NO BAKE PIE

1 Cup of cookie crumbs
1 Cup of instant pudding
2 Cups of water
¼ Cup of melted butter
½ Cup of dry milk

Mix melted butter and crumbs all together real well Press mixture into the bottom of a bowl. Mix your pudding in another bowl, or you can even shake it up in a bottle. Pour into pie crust and set on top of some ice if possible, so that it can chill for a few hours.

FUDGE FROSTING

1½ Cups of water
4 Tbsp of dry milk
1 Cup of water
1 Cup of hot chocolate
2 Tbsp of butter

Combine sugar, milk, water, and chocolate in a pan. Cook over medium heat stirring constantly until mixture comes to a boil. Boil, stirring occasionally to prevent sticking until mixture thickens and becomes a syrup if dropped in cold water. At this point, remove from heat and add butter then cool until lukewarm. Beat until the fudge thickens and quickly spread on cake. You can also serve as fudge after it cools completely.

Angie Westland
Marlin, TX

PEANUT BUTTER CUPS

1 Cup of cookie crumbs
½ Lb of powdered sugar
¼ Cup of butter
1 Cup of peanut butter (crunchy is best)
6 Hershey choc candy bars

Melt butter and mix in peanut butter, sugar, crumbs Press into the bottom of a bowl. Melt choc candy bars, then pour them over crust. Chill on ice for an hour or so or until you're just to hungry to wait any longer.

Cynthia Frist
Chowchilla, CA

STRAWBERRY CHEESECAKE PIE

½ Bag of vanilla wafers
½ Box of graham crackers
2 Bags of dry milk
4 Lemon Cool-offs
1 Can of vanilla Ensure
1 Cup of sugar
1 Stick of butter
1 Bottle of strawberry preserves

Crush wafers and graham crackers and put into a bowl Melt butter and pour on wafer/crackers, mix very well. Take mixture and mash & mold it into "pie crust shapes" in two large bowls. Set aside. In separate bowl mix the Ensure, sugar and Cool-offs. Mix well, then add in dry milk and again mix well. Hurry and pour mixture into the two pie crusts before it starts to harden. Pour on some strawberry preserves as the topping. Let stand for about 45 minutes.

Eugene "Turp" Turpin
Huntsville, TX

FREAKY FUDGE

1 Bag of fudge cookies
1 Bag of vanilla wafers
½ Jar of peanut butter
⅓ Bottle of chocolate syrup
1 Sm env of hot chocolate
3 Chocolate candy bars
1 Sm env of oatmeal

Place peanut butter, choc syrup and candy bars into a large bowl and add 1 cup of **boiling water**. Stir until all melted, then pour crushed vanilla wafers, crushed cookies, hot choc and oatmeal into a bowl. Mix together well. Spread out on a "cookie sheet" (big chip bag cut open), and let sit for 6-8 hours. Fudge covered graham cookies are the best for this.

Tina Phillips
Rockville, IN

PRISON CELL ICE CREAM

Dry whole milk
Strawberry jam
Snow (from outside on the ground during winter)

Stir milk, jam and snow together in any amount or proportions, to the desired flavor and consistency.

Adams Caterwood
Rawlings, WY

MICROWAVE ENERGY BARS

2 Cups of oats
½ Cup of melted butter
½ Cup of brown syrup
¼ Cup of maple syrup

Mix oats, sugar and butter in an 8 x 8 microwaveable pan. Stir in enough syrup to coat the oats well. Nuke it on high for 10 minutes, or until the syrup bubbling on top starts to brown. Cool, cut into squares and eat or wrap in plastic and save for later.

Darla Hammond
Plymouth, MI

BANANA OAT ENERGY BARS

½ Cup of butter
1 Cup packed brown sugar
1 Egg
½ Tsp of salt
2 Cups of mashed bananas
4 Cups of quick oats
1 Cup of raisins
½ Cup of chopped walnuts

Mix butter and sugar until fluffy. Beat in egg, salt and bananas. Stir in remaining ingredients. Pour into a greased 9 x 13 pan. Bake at 380F for 1 hour or until a toothpick inserted in the center comes out clean.

Susan Hopkins
JCI Monticello, FL

BANANA SWEET TREAT

3 Fresh bananas
1 Jar of jelly
1 Bottle of choc syrup
1 Jar of peanut butter
4 Flour tortillas

Slice bananas down the middle, then in half. Spread on the peanut butter and jelly. Place bananas on top Roll into a log and place in the bottom of bowl. Cover logs in chocolate syrup and eat. You can even top with butterfinger candy bar, M&Ms, peanuts etc. Serve with a cup of hot coffee or chocolate. This is a great break fast treat when the chowhall isn't worth going to. Try this with a pint of your favorite ice cream. Yum-yum!!

Larry Sheesley
Albion, PA

BUTTERFINGER FUDGE BROWNIE ICE CREAM & SYRUP

2 Fudge brownies
2 Butterfinger candy bars
1 Pt of favorite ice cream
1 Bottle of chocolate syrup

Place brownies whole in a bowl, cover with your ice cream. Top with broken candy bars and plenty of syrup. You can also top with lots of other stuff too. There is no limit to what you can use for toppings.

GRANOLA PATTY

1 Jar of peanut butter
2 Pkgs of maple syrup
10 Oatmeal cookies
2 Sm boxes of raisin bran
¼ Cup of water

Put ½ jar of peanut butter on wax paper. Crush cookies and cereal on top. Add syrup and water. Mix well by hand. On another sheet of wax paper place square patties. Wrap once, then place on top of your light for 2-3 hours.

GRANOLA TWIST

1 Jar of peanut butter
1 Cup of crushed nuts
3 Cups of raw uncooked oats
1 Cup of raisins
20 Pkgs of maple syrup

Mix oats and syrup together. DO NOT cook the oats first. Mix it dry with syrup, add in peanut butter. Mix well, then add fruit and nuts. Let sit 1 hour or until too hungry to wait any longer!

Hang Dawg
Coalinga, CA

CHOCOLATE PEANUT BUTTER PUDDING

2 1oz pkgs of cocoa mix
1 1oz non dairy creamer
4 Sugar pkgs
½ Jar of peanut butter

Mix cocoa, creamer and sugar into a small bowl. Add enough water to make it pasty. Mix well. Add the peanut butter until you have pudding consistency as desired. Let it stand or place on window sill in cool weather.

Mark Soliday
Frackville, PA

IN CELL PRISON CAKE #1

1 Lg bag of cream cookies
8 Fudge brownies
1 Bottle of choc syrup
1 Tbsp of butter

Separate creams from cookies. Take ½ of the cookies and crush into very small pieces, place on large sheet of wax paper. Mix creams, butter and chocolate syrup to a creamy consistency, this is your icing. Pour small spread out to approx ¼ inch thick. This is your cake base. Place four brownies on the base and then spread a layer of icing on top. Place the other four brownies on top of the others, then spread more icing on top. Sprinkle some of your favorite toppings such as some crushed peanuts, M&M's, etc. Finish topping with lots of chocolate syrup.

Kevin Zettner
Huntsville, TX

IN CELL PRISON CAKE #2

2 Fudge brownies
1 Jar of peanut butter
2 Cream filled oatmeal cookies
1 Graham cracker
1 Bottle of choc syrup

Place graham cracker on a sheet of wax paper. Spread peanut butter on graham cracker. Place brownie on top of peanut butter. Scrape cream filling from oatmeal cookies, mix with peanut butter and syrup. Spread onto brownie. Top with other brownie and more "icing". You can top with some of your favorite toppings, M&M's or peanuts, etc.

Steven Bomber
Huntsville, TX

VANILLA WAFER BANANA PUDDING

½ Bag of vanilla wafers
4 Lemon Cool-offs
1 Can of fruit salad
2 Vanilla Ensure
2 Env of dry milk

Mix everything together. Add more wafers if desired

Pinkie Miles
Eldorado, KS

TASTY ENERGY BARS

3 Cups of peanut butter
1 Cup of brown sugar
7 Cups of dry milk
2 Cups of granola

Mix thoroughly and form into bars. Wrap each bar in foil or plastic wrap. You can substitute flavored oatmeal, oatmeal cookies, or crushed up granola cookies.

OATMEAL BRICKS

1 Cup of raw oatmeal
1 Cup of peanuts
1 Env of hot choc mix
1 Cup of brown sugar
1 Cup of raisins
Warm water as needed

Mix everything together real good and form into bars Wrap in foil or plastic. Both of these recipes make a good workout snack.

Jeffrey Peterson
El Paso, TX

DESERT NO BAKE COOKIES

1 Cup of sugar
½ Stick of butter
¼ Tsp of vanilla
1 Env of cocoa mix
¼ Cup of peanut butter
¼ Cup of milk
½ Cup of quick oats
½ Cup of nuts

Mix sugar, butter, vanilla, cocoa, peanut butter and milk together in a pan. Stir often while bringing mixture to a quick boil. Boil and stir for 3 minutes. Remove from heat. Add oatmeal and nuts. Drop spoonfuls on waxed paper and let stand awhile to cool and stiffen

FRUIT NUT ROLLS

2 Cups of dried fruit
2 Cups of nuts

Grind the fruit and nuts as good as you can. Mix it well. Roll into balls 1 inch to 1½ inches in diameter. Wrap each in foil. You can also heat these by placing them on top of your light for about an hour or so. Try these combinations: raisins/walnuts; dates/pecans; almonds/apricots.

Gene Fitzgerald
Las Vegas, NV

DANISH ROLL UP LOG

1 Cup of milk
1 Tbsp of butter
1 Cup crushed van wafers
¼ Cup Hershey choc syrup
2 Cups of sugar
2 Honey buns
1 Cup of crushed nuts
1 Tbsp of van extract (sub melted butterscotch)

Cook milk, sugar, and butter over med-heat. Remove Add nuts and vanilla extract. Chop and shred honey buns into small bits and mix with vanilla wafers in a large bowl. Mix all ingredients together real well. Flatten it onto a 12 x 6 inch sheet of plastic, such as a large chip bag, and let it cool well. Spread a thin layer in swirls across the top. Start at one end and roll it up into a log. Slice disks off of it like a danish.

Eugene "Turp" Turpin
Huntsville, TX

BRAN FLAKE PIE

10 Sm boxes bran flakes
1 Pkg of salted peanuts
1 Choc syrup (to taste)
6 Pkgs of pancake syrup
½ Tsp of cinnamon
1 Stick of butter

Empty boxes of bran flakes into large bowl. Mix pea nuts, cinnamon, syrup and chocolate syrup into bowl. Mix everything together real good. Pour mixture into a pie pan. Top with more choc syrup. Place pie pan above a heat source (cell light) for several hours to harden Eat some while still hot. Wrap and save the rest until later.

SWEET TREAT

1 Pkg of cream cookies
3 Chocolate candy bars
2 Pkgs of peanut M&M's

Separate the cookies from the cream filling. Mix the cream filling with the candy bars and M&M's. Add just enough boiling water to melt (don't use very much. Be careful!) Crush cookies to fine powder (or as close as possible). Drain off excess liquid from melted candy then mix everything together. Use excess liquid as it's needed. Keep it thick. This is a cross between brownie cake mix and fudge.

FRUIT PIE A LA MODE WITH SYRUP

1 Fruit pie
1 Pt of ice cream
1 Bottle of choc syrup
Toppings of your choice

Place fruit pie in a plastic bag that won't leak. Place in hot water (not boiling!). When the pie is hot place it in a bowl, then top it with ice cream, syrup, and other toppings of your choice.

GRAHAM CRACKER, CHOCOLATE AND PEANUT BUTTER SANDWICH

1 Box of graham crackers
1 Jar of peanut butter
1 Bottle of choc syrup

Spread peanut butter and chocolate syrup on a graham cracker. You can also top with other toppings as well, such as marshmallows. Place another graham cracker on top to finish your "sandwich". This will work with some vanilla wafers, too.

Kevin Zettner
Huntsville, TX

BUCKEYES

1 Jar of peanut butter
5 Hershey choc candy bars

Break up and melt candy bars. Scoop out some peanut butter with your fingers and roll it into small balls. When chocolate is melted, use a toothpick to dip balls into chocolate, leaving a small circle of peanut butter on top so that it looks like a Buckeye. GO BUCKEYES!!!

Big Roy Simms
Mansfield, OH

SNOW CONES

#1 Mix fruit drink crystals or apple cider mix into a syrup. Pour over a cup of snow.
#2 Sprinkle fruit flavored gelatin over a cup of snow.
#3 Mix a cup full of snow with any of the syrups listed in this book.

Psycho Mike
Seattle, WA

POPCORN BALLS

2 Bags of plain popcorn
2 Pkgs of hot cocoa mix
1 Chocolate candy bar
3 Pats of butter
5 Tsp of water

Mix cocoa, 2 pats of butter, water, and broken up candy bar in a bowl. Heat until candy bar is completely melted. Pour mixture over popcorn while still in bags. Butter hands and mix well. Form into balls while still warm.

Donna Campbell
Monticello, FL

CARAMEL CORN WITH PEANUTS

1 Bag of popcorn
1 Bag of peanuts
2 Bags of Bit-O-Honey
2 Pkgs of syrup
3 Pats of butter

Mix Bit-O-Honey, syrup and butter. Heat 5-10 minutes Mix popcorn and peanuts. Put into plastic bag. Pour mixture over popcorn and peanuts, then shake well mixing it completely. Spread out on wax paper and let it cool

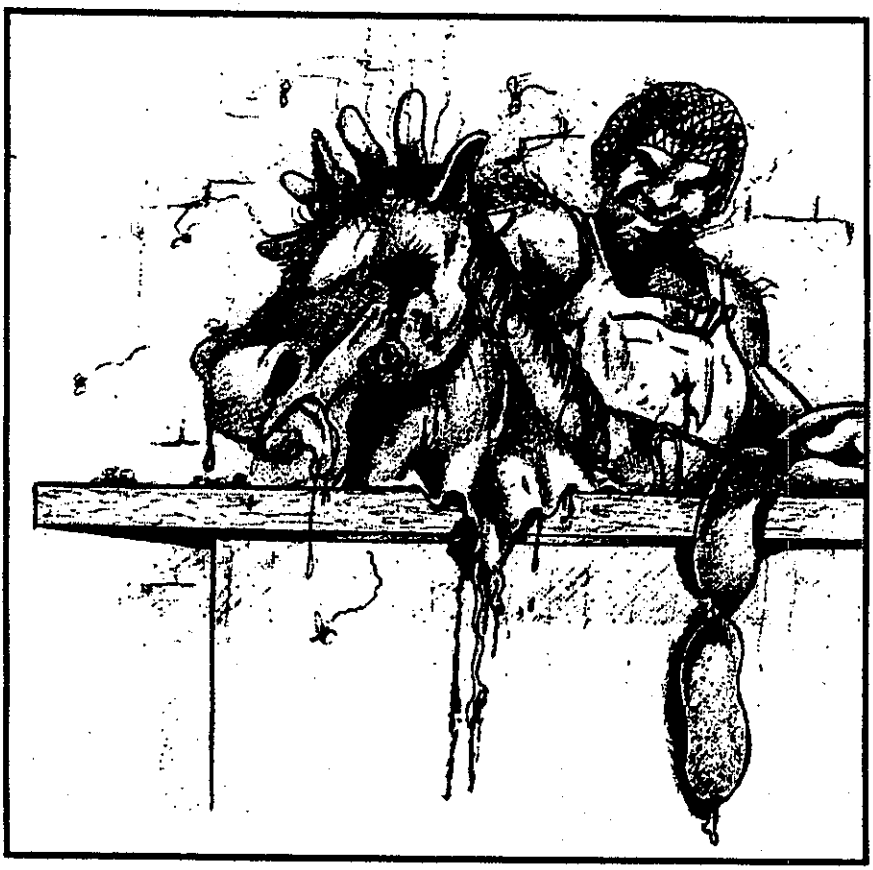
Kimberly Wells
Pee Wee Valley, KY

FUDGE FROSTING

1½ Cups of sugar
4 Tbsp of dry milk
1 Cup of water
1 Cup of hot chocolate
2 Tbsp of butter

Combine sugar, milk, water, and chocolate in a pan. Cook over medium heat stirring constantly until mixture comes to a boil. Boil, stirring occasionally to prevent sticking until mixture thickens and becomes a syrup if dropped in cold water. At this point, remove from heat and add butter then cool until lukewarm. Beat until the fudge thickens and quickly spread on cake. You can also serve as fudge after it cools completely.

Angie Westland
Marlin, TX



DEAD HORSE HAMBURGERS

During the summer of '82, on the Ferguson unit of the Texas prison system, I was going to work one morn ing and as the field squad that I was assigned to started down this long sloping hill towards where the field trailers were at, we passed right by the horse barn. As we were walking past we could see that there was a dead horse just laying there, right in front of the barn. We went on down the hill and got our aggies (hoes) off of the tool wagon and started working right behind the barn where the sewage ponds are. We worked in that area all morning until we stopped for lunch.

We duced up at the bottom of the hill and started up towards the back gate. As we again passed by the barn we could see that the dead horse was gone. Because of where the field squads were working we could see both sides of the road that came past the back gate but not the back gate itself and nobody in any of the squads saw a trailer come and get the horse. Everybody was laughing and joking about how the kitchen was going to cook the horse for supper that night.

We came back out and worked the second half and at one point the field Major told us to be sure and work up a good appetite. Being a young first timer I didn't really think that they would actually serve meat from a dead horse, of which they probably had no idea what the horse had even died of.

After coming in and showering, we went to the chow hall and was served hamburgers! In those days getting a hamburger was rare, something that only happened on special occasions such as holidays, and this day sure wasn't any kind of special occasion or holiday.

The horse burgers were pretty good, except for an unusual sour taste. Since then, I've eaten some really strange food that has come out of a prison chowhall.

And for all of you youngsters out there, here is some advice for you: Don't think about it, just eat it

GOOD EATING!

A woman spent months trying to poison her ex-con husband. She didn't know that he was immune because he'd eaten in the prison chow-hall for so many years.

COOK: The best things that I cook are meatloaf and a peach cobbler.
CONVICT: Yeah? Well, which one is this?

Our prison has been serving us so much dehydrated food lately, that when I went out into the rain the other day I gained 50 pounds!

Big Bubba comes from a family of really big eaters. After each meal the officers have to do a special count.

There must be a religious cook here. Every meal tastes just like the last supper.

Our cooks always serve us salmon. Salmon patties, salmon soup, salmon salad, salmon, salmon, SALMON! It is so bad that twice a year I have to fight the urge to go up stream and spawn.

The cooking is really getting better around here. All the lumps are bite-sized.

My mom's hash always made me nervous while eating it, I never knew what she put in it. The hash here makes me nervous too, that's because I **KNOW** what's in it!

Our cooks get all of their recipes from a magazine. It's called ROADKILL MONTHLY.

OLD CON: The food here in this unit is really bad.
NEW CON: Yeah? Just how bad is it?
OLD CON: We ALWAYS pray before we eat it!

When we have chicken on the menu, the cooks always serve it in a special way. With a wing and a prayer!

The bake shop isn't any better. Just the other day we found out that Betty Crocker has declared war against us!

TUNA AND MACKERAL!

UM....
I DON'T KNOW WHICH SMELLS WORSE — THIS SALMON SHIT, OR YOUR ROTTEN FUCKIN' SNATCH!!

BASIC CREAM SAUCE

Milk (4 Tbsp dry/1 cup water)	Thin 1 Cup	Medium 1 Cup	Thick 1 Cup
Flour	1 Tbsp	2 Tbsp	3 Tbsp
Margarine	1 Tbsp	2 Tbsp	3 Tbsp

Melt margarine in a pan over a low heat, add flour stirring constantly, to prevent burning, until mixture is as smooth as possible. Add milk slowly, stirring constantly to prevent burning. Keep stirring over a low heat until it is thick enough for what you need. This takes about 5 minutes. Take it off the heat and add in salt and pepper to taste. Using this you can make different types of sauces for all kinds of recipes.

CHEESE SAUCE

1 Cup basic cream sauce 1 Cup of cheese chunks

Make basic cream sauce first. Cut the cheese into small bits and add it at the end with the pan off the burner. CHEESE BURNS! Be careful.

MUSTARD CHEESE SAUCE

1 Cup basic cream sauce ½ Cup of cheese chunks
¼ Tsp of garlic powder 1 Tbsp of mustard
Dash of hot sauce to taste

Use the above instructions for this recipe adding in the garlic, hot sauce and mustard first to the basic cream sauce. Add in the cheese at the end.

BROWN GRAVY

1 Cup basic cream sauce ¼ Cup finely chopped onions
¼ Tsp of garlic powder 2 Tbsp soy sauce or tamari

Add a beef or chicken bouillon cube or soup flavoring pkg instead of the soy for a "meat" option. Don't do both or it will be too salty. This sauce is perfect with a bunch of biscuits for breakfast. All ingredients can be had through the prison kitchen.

Edward Barrow
Lebanon, OH

PEANUT BUTTER GRAVY

1 Cup of water
¼ Tsp of garlic
1½ Tbsp beef soup mix (liq)
½ Cup smooth peanut butter
3 Tbsp of dry milk
1 Dash of hot sauce

Heat water until very hot. Remove from heat. Mix in all ingredients and mix really well. Place the mixture back on heat and heat until very hot. Pour over noodles This makes 1 serving

BBQ SAUCE

2 Pints of ketchup
½ Tbsp of black pepper
1 Dash garlic powder (opt)
1/8 Cup of sugar
½ Cup of orange juice
1 Dash of hot sauce
2 Tbsp dill pickle vinegar

Cook all ingredients over med-heat for 1 hour. Let it cool well. Add to any spread for a better taste.

SWEET & SOUR SAUCE

Use syrup as sweet sauce
Use grapefruit juice for the sour sauce

When making a spread, keep sauces separate! Example with chicken, ham or tuna, cut into chunks and cook in small amounts of syrup. Cook dry soup/noodles with its soup mix. Pour off water. Mix meat with noodles leaving the meat in chunks and add small drops of syrup on top of meat. Pour small amounts of grapefruit juice into cup on the side to dip spoons of food into before eating.

Eugene "Turp" Turpin
Huntsville, TX

BUTTERSCOTCH CANDY TOPPING

6 Butterscotch candies
½ Tbsp of sugar
2 Tbsp of syrup

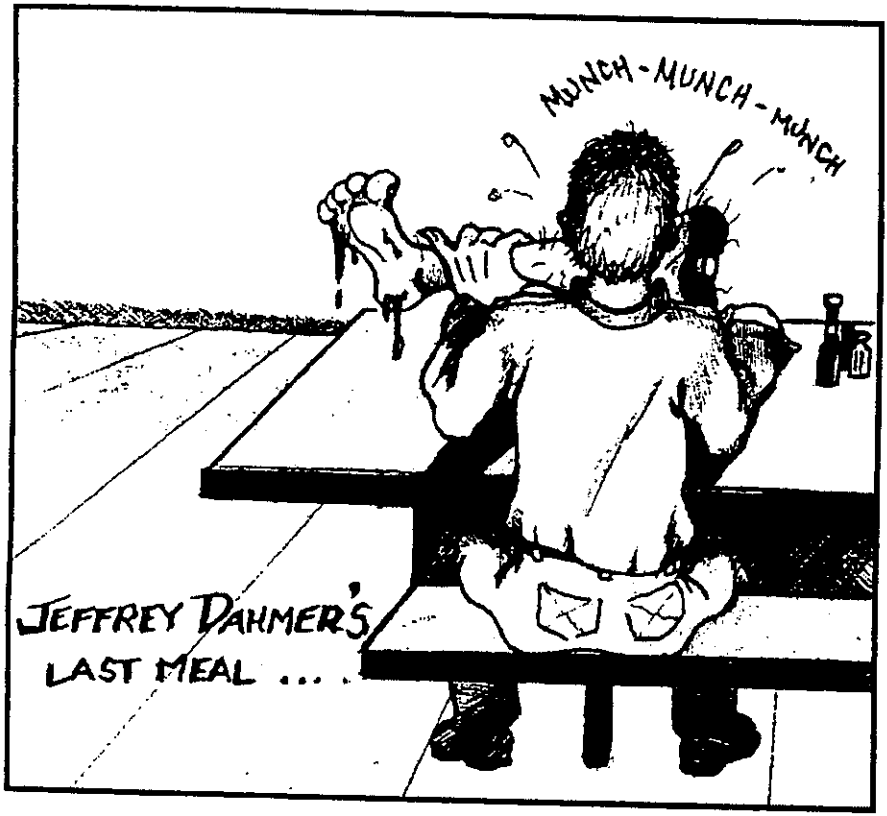
Crush butterscotch into powder. Add sugar and syrup Mix well. Put into small bag or jar and heat in hotpot or very hot water for 1-2 hours or until the mixture is well melted. Remove from heat and let cool. Dip apples etc. into mixture and let harden.

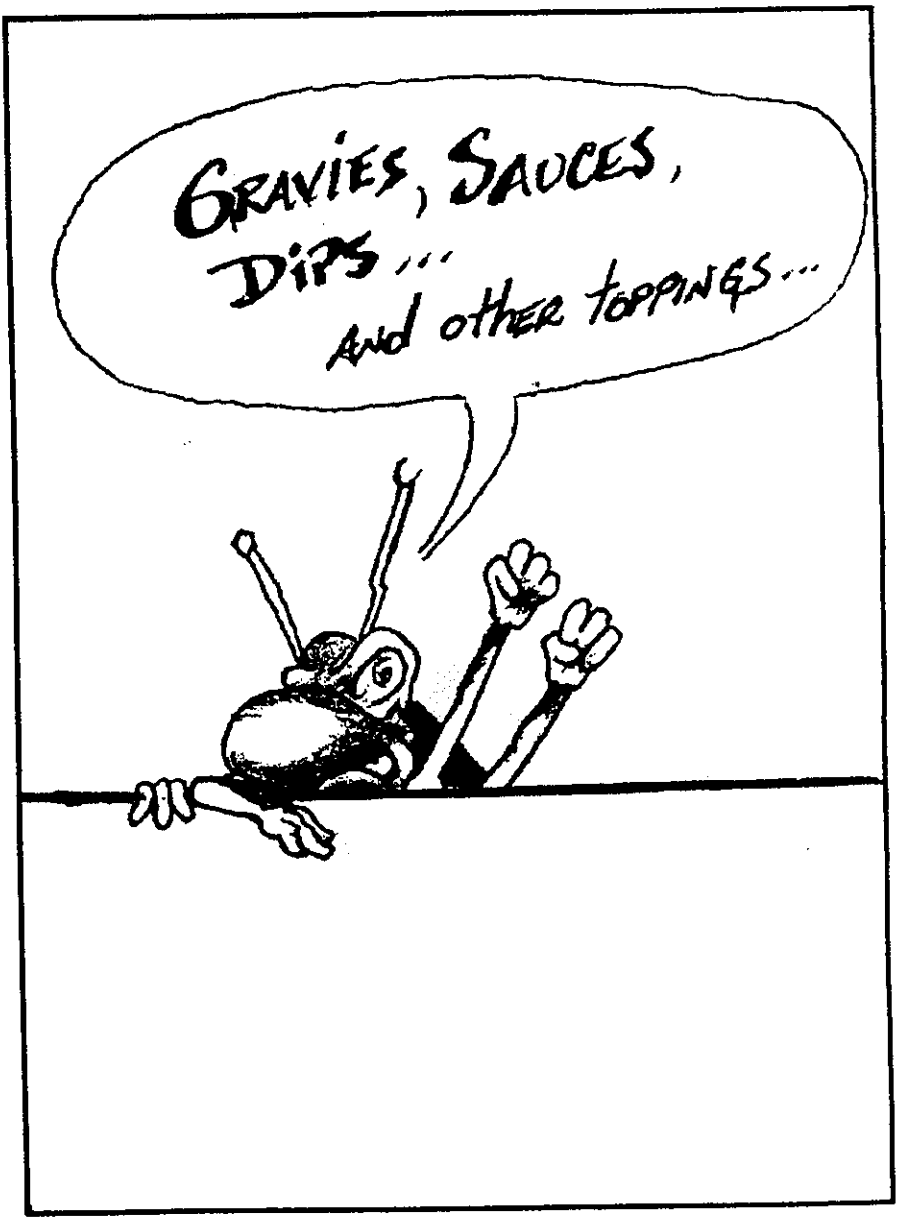
BEAN DIP

2 Cans of refried beans 2 Cans of chili no beans
1 Bottle of squeeze cheese 2 Pkgs jal peppers diced
2 Plastic bags that won't leak

Empty refried beans into one plastic bag and chili into the other one. Close both tight and heat in either 2 hotpots or use stingers to heat up water. Cook for 1 hour. Once everything is cooked, dump into a big spread bowl. Stir in cheese and peppers. Be sure to mix every thing really good.

Stephen Adkerson
Amarillo, TX


MUNCH-MUNCH-MUNCH
JEFFREY DAHMER'S
LAST MEAL ... .


GRAVIES, SAUCES,
DIPS...
AND OTHER TOPPINGS...

WHAT ?!
NO CORN CHIPS ?!
TOO

SPICY V8 JACK MACK #1

1 Can of jack mack
2 Spicy flavored dry soups
Salt & pepper to taste
1 Can of spicy V8
2 Jalapeno peppers diced
Chili powder to taste

Clean jack mack filets real good being sure to keep them whole. Place the filets into a plastic bag. Mix together spicy V8, peppers and seasonings, mix well and pour into bag with jack mack filets. Place bag into hot pot and cook for 1 hour. Cook soups til soft and drain water. Place each soup into separate bowl, put a filet on top of each soup. Pour remaining spicy mix on top of each. Eat with crackers.

William Cartwright
Huntsville, TX

SPICY V8 JACK MACK #2

1 Can of jack mack
1 Sm can of spicy V8
1 Jar of sandwich spread
¼ Bag of corn chips
1 Bottle of squeeze cheese
4 Dry soups (spicy's best)

Clean jack mack and can real good. Crumble jack mack up into can with V8. Put can into hotpot or hot water. Cook for 45 minutes. Cook soups til soft. Mix V8, jack mack, soups, corn chips, cheese, and sandwich spread (to taste). Serve on bread or tortillas.

Chucky Davis
Texas City, TX

SPICY V8 JACK MACK #3

1 Can of jack mack
1 Sm can of spicy V8
Ketchup (optional)
¼ Bag of quick rice/5 soups
1 Pkg of jalapeno peppers
Hot sauce (optional)

Clean mackerel real good. Clean mackerel can real good. Mix up chopped peppers, mackerel, and V8, then pour into the can. Place can in hotpot or boiling water Cook for 45 minutes. Serve with noodles or rice.

Jason Johnson
Gatesville, TX

TAHITIAN TUNA

2 Cans of tuna
2 Pkgs of trail mix
1 Bottle of ketchup
2 Pkgs of jalapeno peppers
2 Orange Cool-offs
3 Spoons of pickle relish
1 Sm chopped onion
1 Can of fruit salad
1 Jar of salad dressing
1 Jar of mustard
1 Loaf of bread
1 Bag of chips (your choice)
3 Spoons dried bell pepper
½ Tsp of garlic powder

You will need at least two large bowls. In one bowl add 3 spoons salad dressing, 3 spoons ketchup, 1 spoon mustard, (3 spoons relish and ½ tsp of garlic powder, if available) together and set aside. Drain fruit and squeeze out all juice into cup. Divide juice between 2 cups, add orange Cool-offs and top with water or ice to make Orange Passion Fruit juice drink. In another bowl dice fruit pieces with can lid. Remove and discard seeds from jalapenos, then dice (removing seeds is optional) Add jalapenos to fruit. (Add the bell pepper and onion to chopped fruit and jalapenos if available.) Blend in the dressing mixture with fruit. Open tuna and squeeze off water from can. Mix flaked tuna into fruit mixture Add two packages of trail mix and toss to coat. Serve on bread with chips of choice and Orange Passion Fruit jucie drinks. Makes six nice sandwiches. Or enjoy this dish from a bowl with crackers, using only 1 tuna, 1 trail mix, do not dice fruit and cut the dressing recipe in half.

Nick Aucion
The ECHO Newspaper
Huntsville, TX

CHILI MACKEREL

1 Can of jack mack
1 Sm can of chili
4 Dry soups (your choice)
¼ Bag of corn chips
1 Bottle of snack cheese

Cook chili in hot pot or very hot water. Clean jack mack real good. Cook the soups until soft. Mix in your chili, crumbled up jack mack, soups, corn chips and the cheese. Mix well, toss in some hot sauce and serve on tortillas. Add a little sandwich spread to get a zingy taste.

Troy Garcia
Tenn Colony, TX

KITTY KAT CASSEROLE

They call it Salmon Casserole,
I call it a dish from Hell.
We get this stuff all the time,
We get tired enough to yell.

They say that it's good for you,
This healthy food that they serve.
But if you tell them what you really think,
You'd swear that you had touched a nerve.

I just wonder where they find this fish,
Is it cat food that "Nine Lives" once trashed?
Or was it found along a river bank,
Just to save the state a little cash?

It's something special this great dish,
That is always served to us from a cup.
We gag it down and it churnes around,
And always comes back up!

By: E. Bachman (Camp Hill)
Submitted by: Larry Sheesley (Albion)

IMPORTANT NOTICE

EFFECTIVE IMMEDIATELY

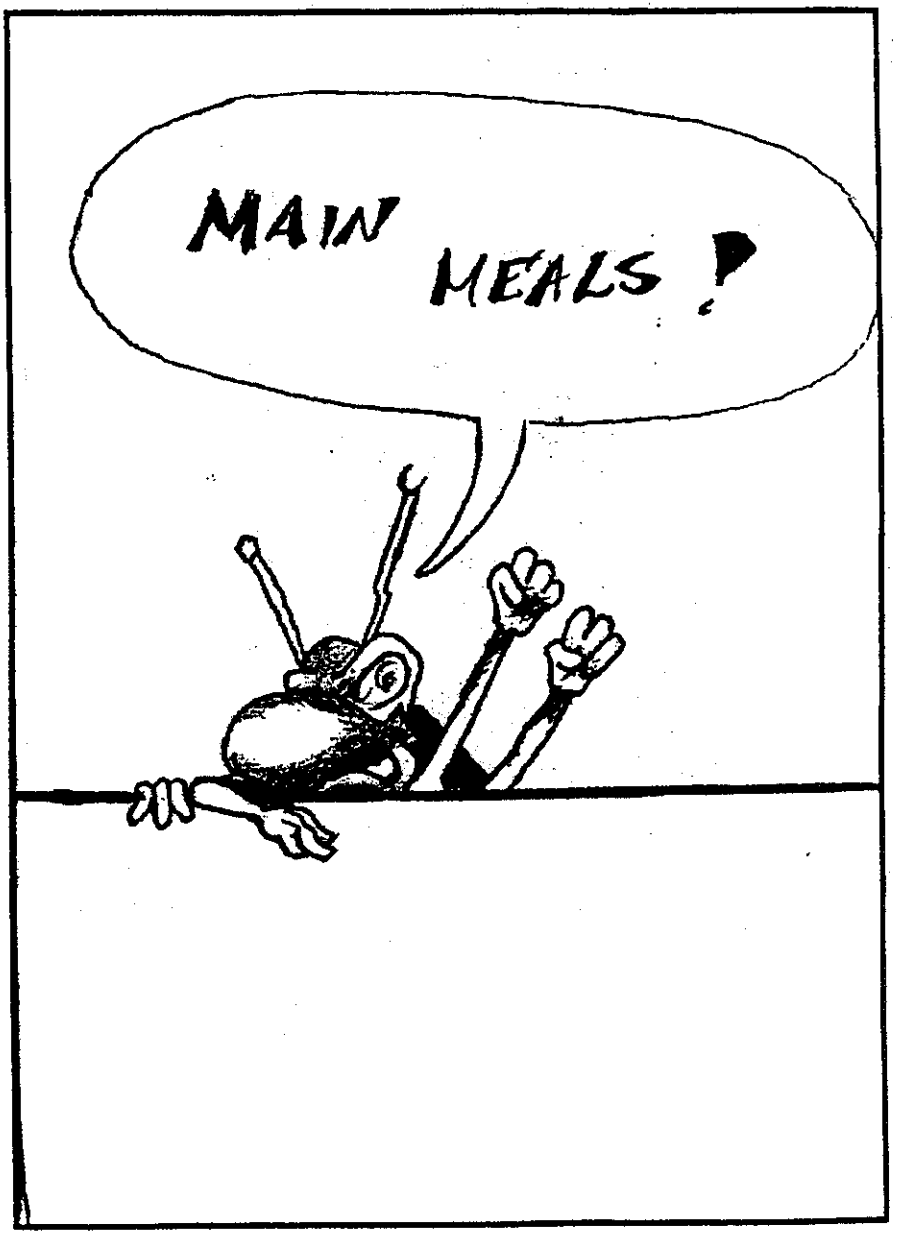
INMATE'S REVISED & UPDATED CLASSIFICATION LEVEL'S FOR STAFF

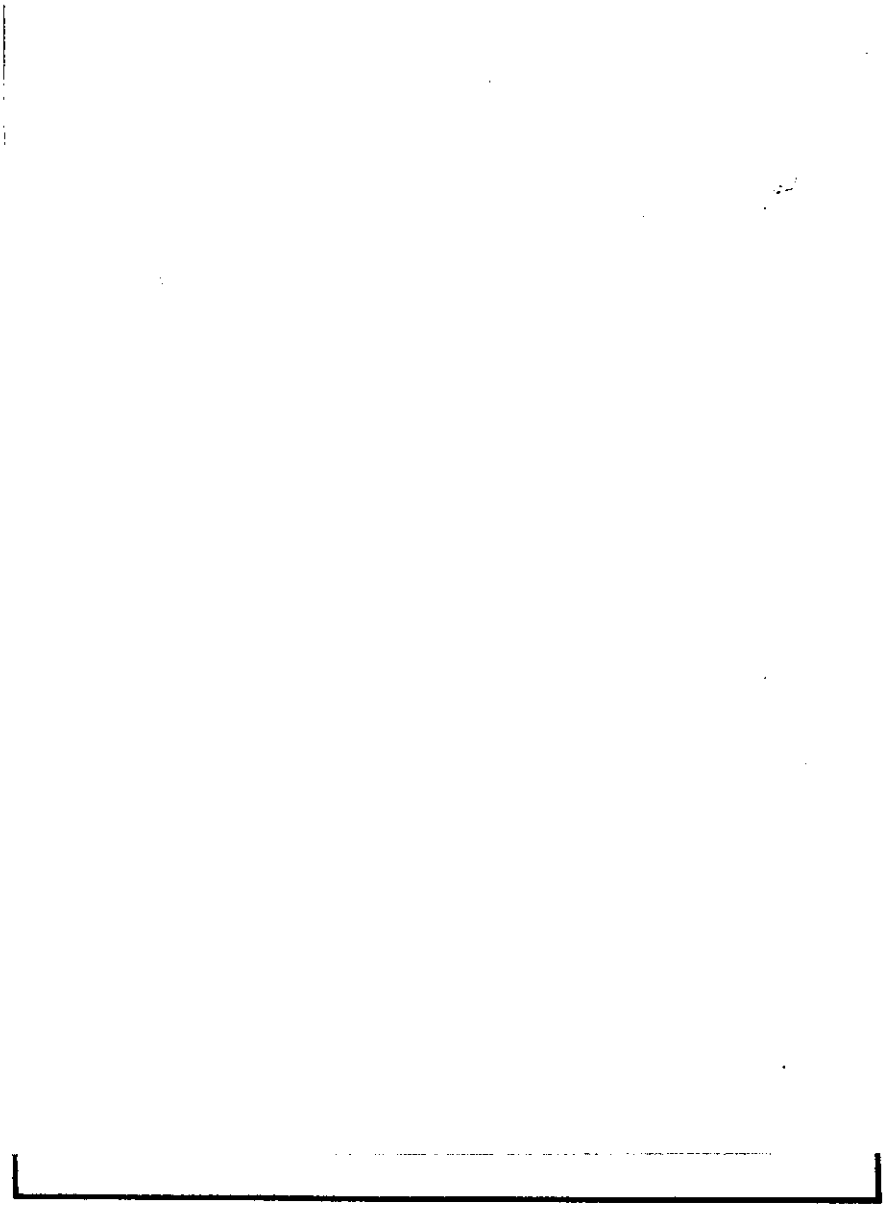
As an employee of the (prison system and unit name) you have the right to know that you have been classified according to the below criteria.

Officer_____you have been classified by the inmates of the (unit name) and your level is as follows:

CHECK ONE ONLY:

___ LEVEL-1 "HILLBILLY"	Description:	Don't know, don't care. Only interested in the paycheck.
___ LEVEL-2 "GOOD OLD BOY"	Description:	Treats inmates OK. Lets you eat twice. Gives out extra toilet paper.
___ LEVEL-3 "ROBOCOP"	Description:	Aggressive antagonstic-attitude. Writes a lot of cases. Will not recommend any inmate for a parole.
___ LEVEL-4 "REDNECK"	Description:	Obnoxious attitude. Always pisses inmates off Asinine and completely juvenile behavior. Often dreams of killing the inmates. EXTREME RACIST
___ LEVEL-5 "ADOLF HITLER"	Description:	Believes that he is Adolf Hitler. Believes (unit name) is the Jewish concentration camp at Auschwitz. Treats all inmates as if they were Jews. VERY DANGEROUS!!!


MAIN MEALS!



JAILCELL SPAGHETTI

1 Can of sloppy joe
1 Bottle of ketchup
½ Cup of powdered cheese (from ODR or mac & cheese)
5 Dry soups (NOT CRUSHED)
1 Sm can of spicy V8
1 Pkg of jalapeno peppers

Heat sloppy joe. Mix ¼ bottle of ketchup, V8, chopped peppers and onion to make spaghetti sauce and then heat. Cook soups until soft. Place soups into a large bowl. Mix sloppy joe and sauce together. Pour over the soups, top with powdered cheese (or cheese sauce). Mix together some soft butter and garlic powder and spread on slices of bread.

Screwball
Rosharon, TX

SUMMER SAUSAGE SOUP

½ Summer sausage log
4 Dry soups (chili or spicy)
1 Cup of quick rice
1 Pkg of jalapeno peppers

Cook rice and soups. Cut up sausage and chop peppers You can cook sausage or not. Once all the rice & soups are ready, add peppers and sausage. If your commissary has a good selection of different kinds of can goods, there is no limit to what you can add to this recipe.

Richard Crowe
Joliet, IL

HOT CHILI CHI CHI'S

4 Dry soups (your choice)
1 Lg bag of cheese curls
1 Bag of chili rice
2 Long beef sticks (sliced)

Place soups, flavor pkgs, crushed cheese curls, beef sticks, and rice in large bowl or back in cheese curls bag. Mix well, add boiling water until mix is just covered. Allow to stand until water is soaked up by mix and noodles are soft. Wrap in flour tortillas or place on saltines. You can also use as a dip for tortilla chips

Mark Soliday
Frackville, PA

CHEESEY POTATO CASSEROLE

2 Lg potatoes
2 Cups of water
1 Cup of mustard cheese sauce

Bring water to a boil. Add thinly sliced potatoes and simmer until tender. Make mustard cheese sauce in a bake pan. Add potatoes, mix and bake for 15 minutes Top with sour cream. Mustard cheese sauce page 37.

Madison Legno
Lowell, FL

CREAMY SOUP

6 Cups of water
¼ Cup of butter/oleo
¼ Cup of flour
3 Soups not crushed
1 Cup of dry milk
Seasonings to taste

Heat water, then add in soups and seasonings. Simmer until noodles are soft. Mix thickener into a paste with a little bit of water. Slowly add the paste to the soup stirring constantly until thick. Add in milk and maybe a little cheese (to taste) last.

VEGETABLE BROTH SOUP

6 Cups of water
½ Cup of oleo/butter
3 Beef soups not crushed
Seasonings to taste

Heat the water and all soup flavoring pkgs. Add the oleo and soups, simmer until noodles are soft. You can add in vegetables, cheese etc. for different tastes.

Elmore Watkinson
Edinburg, TX

HAM AND RICE

2 Cups of water
1 Can of corn
1 Box of quick rice
1 Sm can of chunk ham

Cook rice and heat up corn. When both are ready mix together with ham and spices. You can also toss in some mustard to help with the taste. [Ed. NOTE: Try the Mustard Cheese Sauce with this.]

Debbie Croft
Brimley, MI

CREAMED TUNA WITH NOODLES

4 Dry chicken soups
3 Tbsp of flour
1½ Cups of water
1 Sweet bell pepper
2 Tbsp of margarine
6 Tbsp of dry milk
2 8oz cans of tuna

Cook noodles until soft. Add margarine and sauté the pepper over medium heat for about 5 minutes. Reduce heat, stir flour into peppers, stirring for a minute. Add the dry milk and water all at once and stir occasionally until the mixture begins to bubble and thicken Mix your tuna into the cream sauce in the pan. Serve it over noodles.

ITALIAN TURKEY

1 Sweet bell pepper
1 Onion diced small
½ Cup of thick ketchup
2 Cups of water
2 6oz cans of turkey
1 Pkg spaghetti sauce mix
1 Tbsp of margarine
5 Dry soups uncrushed

Bring water to a boil and add ketchup, sauce mix, onion (to taste) and pepper. Simmer 10 minutes stirring often. Remove from heat, add turkey and cover for 5-10 minutes. Cook noodles until soft. Stir in the butter. Pour turkey sauce over the hot noodles. Sprinkle on some cheese or use cheese sauce. If you can get some mushrooms from your chowhall kitchen, chop some up and toss them in, too.

PRISON-MADE CLAM SAUCE FOR PASTA

1 Tbsp of dry milk
1 Tsp of of mustard
2 Tsp of flour
2 Cups of water
2 Cloves of garlic
1 6oz can of chopped clams
1 Tsp of oil
1 Chicken dry soup flavor pkg

Toss clams in with flour, set aside. Heat oil in a skillet. Add garlic and sauté for 3 minutes. Stir in soup pkg to make bouillon. Mix milk and mustard, add to bouillon. Add water, stirring often until the sauce is reduced by half. Add clams and heat for about a minute Serve over cooked noodles.

Sarah DeLainly
Coldwater, MI

ENCHILADAS #1

1 Can of chili
1 Can of roast beef
1 Bottle of snack cheese
1 Bottle of hot sauce
1 Can of refried beans
1 Pkg of jalapeno peppers
1 Bag jal-pep potato chips

Put half of the chips in a bowl, the other half you need to crush up in the bag. String out the roast beef and mix with the refried beans and a little bit of the cheese. Scoop out dollops of your mix onto some tortillas, roll-up into enchiladas, place into potato chip bag and shake up. Now mix the chili, chopped peppers and some more cheese. Put mixture into chip bag, coating the enchiladas. Place the bag into hot-pot or very hot water and cook for 45 minutes. It'll come out as a big clump of enchiladas. Split bag open, top with more cheese, hot sauce, and chopped up peppers.

Pecos Pete
Lost In Texas

ENCHILADAS #2

2 Cans of meatballs
1 Can of chili no beans
1 Bottle of snack cheese
1 Tub of picante sauce
1 Bag Nacho Cheese Doritos
1 Pkg of jalapeno peppers
1 Pt of milk
1 Pkg of flour tortillas

Mix meatballs, crushed Doritos, chopped peppers and half a can of chili together in a large bowl, mix well Add about 1/8 cup of milk and mix well. Lay flour tortilla out flat, put approx 3 good spoonfuls of mixture on tortilla and spread partially out. Add a small layer of cheese and a spoon of picante: roll up tight into an enchilada. Repeat for all. Place enchiladas into empty chip bag and pour in other half of chili all around the enchiladas. Tie bag closed and heat in hotpot for about 2 hours. Remove and put more cheese on top. This works alot better if you can get real cheese out of the prison kitchen. Sour cream tastes real good with this too

Eugene "Turp" Turpin
Huntsville, TX

ULTIMATE TEXAS SPREAD

1 Can of roast beef
1 Can of Treat (Spam)
1 Can of tamales
3 Pkgs of flour tortillas
½ Bottle of snack cheese
5 Dry soups (spicy's best)
1 Jar of sandwich spread
1 Can of BBQ beef
1 Can of chili no beans
1 Can of refried beans
3 Pkgs of jalapeno peppers
¼ Bag of corn chips
½ Tub of picante sauce

Cook all the can goods at the same time if possible Cook soups until soft. Chop up peppers. When Treat meat is hot, cut into little pieces. Chop up roast beef til it's stringy looking. Mix all the can goods, and soups together real good. Add in the picante sauce corn chips peppers, and cheese. Again mix everything together well Scoop out spoonfuls onto tortillas, fold and eat. You can also dip tortilla chips. Throw in a little sandwich spread for a zingy taste. This spread is expensive try to get several people to pitch in a little something and everyone can eat real good.

Pato Loco
Amarillo, TX

CHILI CHEESE MACK

1 Can of chili
½ Bag of corn chips
1 Box of macaroni & cheese
1 Pkg of jalapeno peppers

Heat chili and cook macaroni. When noodles are soft mix in cheese, chili, peppers, and corn chips to bulk it up. Serve with crackers, tortillas or bread.

Richard Crowe
Joliet, IL

BBQ BEEF MEATBALLS

1 Can of BBQ
8 Saltine or Ritz crackers
1 Bag of potato chips

Crush chips and crackers into a large bowl. Add the can of BBQ beef, and mix and mash very well. Make two large packed meatballs and put them into chip bag. Tie closed and heat in hot pot for 1½-2 hours. When done, place in bowl and top with cheese, peppers, etc.

GRAND-PAW'S FILET A LA MACKEREL

1 Can of jack mack
1 Can of quick rice
1 Bottle of snack cheese
1 Chopped pickle
1 Lg spoonful of mustard
Hot sauce/picante salsa

Clean jack mack real good and place in a large bowl Cook rice until soft. Mix everything all together adding in cheese and hot sauce/salsa to desired taste.

GRAND-PAW'S PAN MADE TACOS

2 Cans of refried beans
2 Dry spicy soups crushed
1 Can of roast beef
1 Can of chili no beans
1 Sm bag of crushed cheetos

Cook all of the can goods until hot. Cook soups til soft. Mix everything together. Serve on tortillas.

GRAND-PAW'S VIENNA SAUSAGES CHOWDOWN

2 Cans of Vienna sausages
2 Dry spicy soups crushed
1 Can of lasagna
¼ Bag of corn chips
1 Chopped pickle
1 Can of refried beans
1 Pkg jal peppers chopped
1 Bottle of snack cheese

Cook soups until soft. Cook all can goods until hot Mix everything together. Serve on tortillas

Grand-Paw
Huntsville, TX

CHILI CHEESE NACHOS

1 Bag of tortilla chips
2 Pkgs of jal peppers
1 Can of chili no beans
¼ Bottle of snack cheese

Empty chili into a plastic bag that won't leak. Add cheese in with chili. Place bag in a large butt-can of very hot water and let the chili cheese mixture cook for about 30 minutes. Place the tortilla chips into a bowl standing on their edges. When mixture is hot pour over top of the tortilla chips. Toss on some sliced up peppers and eat.

Mule Johnson
Indian Town, FL

PRISON GLOP #1

4 Cups of water
1 Can of corned beef
Seasonings to taste
2 Pkgs of veg soup
Instant potatoes

Heat water, add soup mix, and cook for about 20 min utes. Turn off heat and add meat. Stir in enough of the potatoes to achieve desired consistency. You can also substitute rice for the potatoes and tuna for the meat

PRISON GLOP #2

4 Cups of water
¼ Cup of milk
1 Tbsp of butter
1 Box of macaroni & cheese
1 Can of chicken or tuna
Seasonings to taste

Cook macaroni until soft, drain water. Stir in milk cheese, and chicken or tuna. Chop up some nuts to toss in for a different taste.

Roxanne Sanderson
Plymouth, MI

POTATO CHEESE SOUP

4 Cups of water
½ Cup of instant potatoes
4 Tbsp of flour
Seasonings to taste
1 Tbsp of butter
½ Cup of dry milk
½ Cup of chopped onions
1 Cup cheddar cheese chunks

Put all ingredients except cheese into cold water. Stir well, bring to a boil while stirring continuously Simmer about 5-10 minutes, and stir from time to time. Remove from heat, add cheese and stir well.

COFFEE CAN STEW

3 Crushed soups
Seasonings of choice
Vegetables (from kitchen)
Stew meat (from kitchen)
Water (as much as needed)

In a coffee can add chopped vegetables (onions, cel ery, carrots, potatoes, etc.) soups and soup flavoring pkgs, and stew meat to a can of water. Cook until vegetables are soft. Add any flavorings you like or that you can get ahold of from the kitchen.

Samual K Byrd
Eddyville, KY

MEXICAN RICE CASSEROLE

1 Cup of rice or grits
1 Cup of chopped onions
½ Cup of dry milk
3 Cups of water
1 Can of corn
2 Cups cheddar cheese chunks
½ Tsp of each, chili powder
salt & pepper

Cook rice, corn, milk, and spices. Mix all ingredients. Pour into pan. Cover and warm over low heat until the cheese melts.

Antonio Vargas
Jamestown, CA

RICE AND POTATO PATTIES

1 Cup of rice
1 Cup of instant potatoes
2 Tbsp of butter
4 Tbsp of dry milk
½ Cup cheese chunks
2 Instant soup pkgs
Garlic powder, salt & pepper to taste

Boil water, milk, and butter. Remove from heat, add cheese, instant potatoes, rice, and soups, then set to the side for about 10 minutes. Spice to taste, form in to patties and fry in butter. [Ed NOTE: Top with brown gravy recipe found on page 37]

Wilma Thompson
Pembroke Pines, FL

SNACKER PIZZA

1 Lg tortilla
1 Env spaghetti sauce mix
Cheese slices
1 Pkg of pepperoni slices
Pineapple slices/chunks

Heat tortilla on both sides. Spread on spaghetti-sauce, lay pepperoni slices and pineapple on top and cover with some cheese slices. Top with more pepperoni and pineapple. Continue to heat until cheese is completely melted.

Mark Sperbert
Frackville, PA

DUMPLINGS AND SOUP

1 Cup of flour
2 Tsp of baking powder
1 Dry soup (any flavor)
½ Cup of water
½ Cup of dry milk
¼ Tsp of salt
¼ Cup of butter
Seasonings to taste

Mix the flour, dry milk, baking powder, salt and butter together. Add the water slowly into the mixture until the batter is stiff but sticky. Cook soup, bring to a boil. Drop spoonfuls of batter into soup and cook until the dumplings are cooked thoroughly about 10 minutes.

Paul Newcastle
Springfield, MO

CHEESEY RICE

2 Onions chopped
2 Cups of hot water
1 Tomato sliced
Dash of salt
¼ Cup of bacon bits
1 Cup of quick rice
1 Cup of grated cheese or cheese sauce

Place a pan on heat. Stir-fry the onions and bacon bits in the pot for a few minutes. Add in the hot water and rice. Cut up the tomato and add it when the rice is cooked. Remove from the heat add salt and top with the cheese and any seasonings you like.

Leroy Baker
Ogdensburg, NY

SLOPPY ROAST BEEF TACOS

1 Can of roast beef
2 Dry spicy soups
1 Pickle w/juice
1 Can of sloppy joe sauce
1 Tub of picante sauce
1 Bottle of cheese

Cook soups until soft. Heat can goods in hotpot or boiling water. Mix soups, can goods, chopped up pickle pickle juice, then add in picante sauce and the cheese to taste. Serve on tortillas with a cold soda water.

Hector G. Lopez
Beeville, TX

BIG HOUSE STEW #1

3 Cups of water
1 Can of desired meat
1 Spoonful of butter
Instant potatoes
Cheddar cheese chunks
Salt & pepper to taste

Heat water. Add potatoes according to package directions in any amount necessary for desired thickness. Add desired quantities of cheese, meat, butter and flavorings. Chipped beef, roast beef, and summer sausages works well with this.

Mickey Taylor
Dwight, IL

BIG HOUSE STEW #2

2 Cups of water
2 Env of veg soup
Flavorings to taste
1 Cup of quick rice
1 Can of seafood

Bring water to boil. Add rice, soup and flavorings. Remove from heat. Let it stand about 10 minutes, until rice is tender. Add seafood and stir.

Lil' Mike Kennedy
Lebanon, OH

PEPPI, CHEESE & BEEF CHEE-CHEE'S

1 Pkg of pepperoni slices
1 Pkg of flour tortillas
1 Snack cheese
1 Bag of potato chips
2 Dry beef soups
1 Hot sauce (to taste)
2 Summer sausages
1 Cup of hot water

In two small bowls, place crushed soups, cook until soft then drain. Slice summer sausage logs thinly then cut slices into small pieces. Add beef, crushed chips, seasoning pkgs, cheese and hot sauce to each bowl evenly then mix well. Take your tortillas and lay them out flat. Spread cheese on one side and place pepperoni on tortillas, fold and eat.

Larry Sheesley
Albion, PA

RICE & BEANS

2 Boxes of rice
2 Cans of veg beans
1 Can of crabmeat
1 Can of Spam (chunks)
1 Bell pepper (chopped)
1 Lg onion (chopped)
3 Cloves garlic (chopped)

Sauté the pepper, onion and garlic in butter. Slow ly cook Spam, crabmeat and the corn in the beans. Pour over cooked rice.

MUSHROOM CHICKEN

2 Boxes of Ziti
4 Cans of chicken
1 Lg onion (chopped)
1 Bell pepper (chopped)
2 Cans of mushroom soup
1 Pt of milk
2 Cloves garlic (chopped)

Sauté peppers, onions and garlic. Add in the chick en chunks with soup and milk to cooked Ziti. Stir and eat.

MEATY ZITI (COLD)

2 Boxes of Ziti
5 Cans of turkey
Mayo (to taste)
2 Soup flavoring pkgs
1 Lg onion (chopped)

Cook Ziti. Add everything together. Mix well and eat. This makes a good "chili".

CHEESEY RAT ZITI

2 Cans of spaghetti sauce
2 Boxes of Ziti
1 Lg onion (chopped)
1 Bell pepper (chopped)
4 Cans of chopped ham
1 Pkg of cheese slices
3 Cloves garlic (chopped)

Sauté peppers, onions and garlic with the ham. Add into sauce. Add cooked Ziti into gal. sized container Lay on cheese slices over top, nuke it a minute, stir and then add more cheese on top.

G. Ramp "Rampage"
Bayside State Pen
Hammonton, NJ

BBQ BEEF SOFT TACOS

1 Can of BBQ beef
4 Dry soups (your choice)
¼ Bag of corn chips
1 Bag of flour tortillas
1 Pkg of jalapeno peppers
1 Bottle of squeeze cheese

Cook BBQ and soups. When the BBQ is hot, and soups are soft, drain soups completely then add corn chips, cheese, chopped peppers and mix well. Spoon onto flour tortillas and eat.

Kirby Q. Kerney
Albion, PA

ROAST BEEF TACOS

1 Can of roast beef
1 Can of refried beans
1 Bottle of snack cheese
1 Chopped onion or peppers
1 Pkg of tortillas
1 Jar of picante sauce

Heat roast beef and refried beans. When can goods are hot, empty into two bowls. Chop roast beef up til it's stringy looking. Spoon refried beans and then the roast beef onto tortillas. Top with onions, cheese and salsa.

Danny Ortega
Kenedy, TX

CHEESE

GUNSHOTS AT COFFIELD

One night back in 1988, while I was assigned to the Coffield unit of the Texas prison system, I had just dropped in a can of chili and a can of sloppy joe sauce into a gallon sized butt-can, filled the can up with water and dropped in my stinger to cook up a spread for me and my partners there on our cell block.

At the same time that I was doing all of this, the block officer was just finishing running a dayroom call My partner, who lived down the run from me, stopped by my cell and said that I needed to come to the dayroom because of some trouble that was supposed to kick off. Not being the kind of person to let my partners down, I very quickly grabbed my shoes and smokes and jumped out the door just as it was closing and forgetting all about the food that was cooking in the back of my cell

About 45 minutes later, after the trouble that was supposed to have happened didn't show, my friends and I were sitting at a table in the back of the dayroom laughing, bullshitting, and swapping lies with each other, when all of a sudden we heard what sounded like a small caliber "gunshot" (I was living close to the dayroom so the noise was really loud). A second later there was another "gunshot" sound. Everyone in the day room was at the dayroom bars trying to look down the run and wondering just what the noise had been.

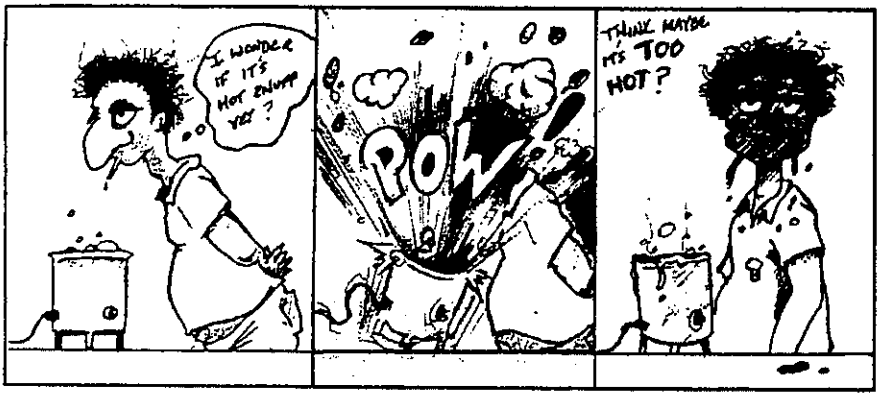
At about this same time, people in their cells started complaining about the electricity being off. Suddenly remembering about the can goods cooking in my cell, I started to get a real bad feeling in my stomach and was pretty sure what the noise had been. Yelling for the block officer and getting him to come up to the day room, I explained what I thought had happened. He just looked at me as if I were completely stupid and opened the dayroom door. I ran down the run to my cell and I just stood there looking in and not really believeing what I was seeing. The water in the buttcan had boiled down and the cans had exploded from the intense, prolonged heat of the boiling water. There was chili and sloppy joe all over everything. The walls were smeared with lines of grease where the stuff had splattered on

to the walls, and then run down to the floor. The very worst part of the whole thing was seeing my cellie's brand new $200 typewriter that he'd had to get special permission from the warden to have sent in from the world, sitting on his bunk completely covered in grease

It took me two days of hard scrubbing and cleaning, using hot soapy water, to get the cell and everything else in the cell cleaned up. It also cost me $100 to have my cellie's typewriter sent out and professionally cleaned and to make sure that the grease hadn't hurt the electronics in any way, and then have it shipped back into the prison.

Never again have I ever forgotten to unplug either my stinger or hotpot when leaving the cell!!

Steven Bomber
Huntsville, TX


I WONDER IF IT'S HOT ENOUGH YET?
POW!
THINK MAYBE IT'S TOO HOT?

STRANGE
AND UNUSUAL
STUFF
(EAT AT OWN RISK!)

WHAT TH'
FUCK ?

RODENT STEW #1

2 Good sized rodents
2 Cups of water
Vegetables chopped up
Seasonings to taste

Skin and de-gut rodents. Cut rodent meat into small pieces. Don't worry about the bones, most are too tiny to get completely out. Chop up vegetables, use potatoes carrots and onions for sure, plus whatever else you can "borrow" from the kitchen. Put meat, vegetables and the seasonings into a large pan filled with water and let it slow cook for several hours.

RODENT STEW #2

2 Lg rodents
1 Cup of flour
1 Tsp of salt
½ Tsp of pepper
1 Glob of butter or oil
Water as much as needed
Vegetables chopped up
Seasonings to taste

Skin and clean rodents (squirrels, groundhogs etc.) Cut into quarters. Mix together salt, pepper and flour Roll meat in mixture. Heat butter or oil in cooking pot and brown pieces of meat on both sides. As soon as the meat is brown, cover with water and add in vegetables and seasonings to taste. Simmer for about 1½ hours. Be sure to check liquid occasionally and add more water if needed.

STEWED RODENT IN FOIL

1 Good sized rodent
Seasonings to taste
16 Bacon strips
Sm vegetable pieces

Completely skin and clean rodent. Cut the body into 2 portions. Season meat to taste. Wrap 8 strips of the bacon around each piece of meat. Wrap the meat and the vegetables in foil. Crimp the edges of the foil to seal completely. Cook until the meat falls off of the bone. This should really be done in an oven but you can use a one burner stove of some kind and a covered cooking pot You can also cook game birds such as grouse and pheasant in the same manner, you can even use a pigeon in a pinch! You can also substitute rabbit for all of these recipes (or whatever you can catch in the fields!).

KERMIT'S LEGS

8 Lg frog legs 3-4 inches
1 Sm onion diced
Butter/oil for frying
Garlic powder to taste
1 Cup of flour
1 Can of condensed milk
Salt & pepper to taste
Chili powder to taste

Catch four large bullfrogs in the fields. Cut legs off and sneak them in. Wash well. Place flour in bowl with garlic, salt & pepper, and chili powder. You will need access to a stove or hotplate. Place frying pan on stove/hotplate, fill ¼ way with butter. Put in diced onion. Dip legs into milk and roll in the flour mixture Place into butter and cook each side of leg for 20 min utes. Bust open a bag of potato chips and pop open an ice cold soda.

Aaron Thibodaux
Angola, LA

PUERTO RICAN PIGEON SOUP

1 Lb of skinned & deboned pigeon meat; cubed
1 Cup of chopped green or sweet red peppers
1 Cup of cooked rice
2 Tsp of chili powder
1 Tsp of garlic powder
2 14oz cans of chicken broth
1 Cup of corn (from kitchen)
Cooking oil

Coat a large saucepan with oil and heat over medium heat for 1 minute. Add pigeon, pepper, garlic powder, chili powder, and cook for 3-5 minutes, stirring often Add broth, corn and rice. Heat to a boil. Reduce heat to low. Cook for 10-15 minutes. Serve with flour tortillas used for dipping. NOTE: If you are not able to catch any pigeons (or they have already been used up you can use chicken instead!) You can use chicken flavored dry soup seasoning packs to make the broth.

Maria Saavedra
Framingham, MA

A GLOSSARY OF PRISON SLANG WORDS AND COMMONLY HEARD PHRASES

Ace Duce, Road Dog - A prisoner's best friend in prison

Alan Dershowitz, F. Lee Bailey - What a white jailhouse lawyer is called in prison.

All Day - A life sentence.

All Timer - Someone serving a life sentence.

Armor, Knightsuit - Body armor made of magazines that is tied or taped to the body in order to help protect a person in a fight, usually from a weapon.

Arnold, Buffed, Hercules - A muscular person.

Backdoor Someone - To hit someone from behind when they don't expect it.

Big House, Gray Bar Hotel, Iron Ghetto, Joint - Prison

Blanket Party - To throw a blanket over someone to keep them from identifying their attackers.

Blind - A blind spot anywhere the guards are unable to see what is going on.

Boneyard - An area set aside for conjugal visits.

Bonin' A Motherfucker - To con, trick, or to otherwise fuck over someone.

Boonsfarm, Chalk, Hooch, Pruno, Raisin Jack - Homemade wine.

Boss, Bull, Screw - A prison guard.

Box, Dungeon, Hole, Well - Solitary confinement.

Break Me Off Something - To ask for something.

Brick - A carton of cigarettes.

Bubble, Cage - A plexiglass or heavy wire mesh enclosed guard station.

Bus Therapy, Diesel Therapy - A practice of constantly transferring prisoners by bus from one unit to another, usually done to jailhouse lawyers/writ writers who cause problems for the prison system.

Cadillac - The best of anything: cell, food, job, etc.

Candy, Fish, Newboot - A new prisoner.

Catch The Square - To step into an open area to fight.

Charge Up - To confront or accuse someone of something usually just before a fight.

Checkin' - To fight someone to see if they will fight back. To see if they will stand their ground.

Chester - A child molester.

Cho Cho Bar - Any kind of ice cream bar.

Click Up - To join a gang.

Convict - Someone who knows how to do their time.

Corner - Areas of the dayroom or yard divided by race or gang affiliation.

Correctional Cocktail - A mixture of bodily fluids and wastes (blood, feces, urine, saliva, and semen).

Crew - A group of people, not necessarily a gang, i.e. the weight lifting team is the "Iron Crew".

Crib, Dog House, House - Cell.

Cut Up, Razorblade Holder, Swinger - A suicide.

Daddy - A homosexual's protector.

Date - A prisoner's release date.

Dead Man Walkin' - A death row prisoner.

Deck Of Squares - A pack of cigarettes.

Do Your Own Time - Mind your own business.

Doing Life On The Installment Plan - A prisoner who is a habitual repeat offender.

Drop A Dime, Whisperin' In The Man's Ear - Snitching.

Dump Truck - A lawyer who sells out his client, or is incompetent out of ignorance.

Fall Partner - Co-defendant of the same crime.

Featherwood - A white female prisoner.

Folgers - Refers to any coffee, not just to Folgers.

Freepass - When a guard lets a prisoner get away with something that would normally result in a write up

Freeworld, Street, World - The world outside of prison

Get 'Cho Bang On, Get 'Cho Paper - Take care of business, handle up, fight, exercise (this phrase has several meanings depending on where you are and what you are doing at the time).

Gettin' Rec - To fight for no reason other than to fight

Gettin' Short, Shorty - Someone close to being released

Girl, Kid, Punk - Homosexual.

Gladiator - A prisoner, usually a youngster, who fights all the time to prove his manhood or just to have fun

Gladiator Fights - Fights that are staged by guards for their enjoyment.

Go Blow Your Nose - To tell someone to get out of your business.

Goin' To The 7-11 - Going to the prison commissary.

Goon Squad - A squad of officers who handles riots, or other disturbances. Sometimes refered to as the SORT team. Special Operations Response Team.

Hack - Horse's Ass Carrying Keys.

Hidin' In The Cage - An officer who hides in the security picket during trouble, or a prisoner who hides in his cell during trouble.

High Cappin' - Bragging.

Hittin' The Fence - To escape.

Homeboy, Homie - Usually refers to someone from your hometown. Can also mean someone from the same crew

Ink, Tack, Tat - Tattoos.

Inmate - Someone, usually a first timer, who doesn't know how to do their time, or how the prison system works. Someone who isn't schooled in convict rules.

Ironpile, Ironpit - Weights used for exercise.

Jacket - Reputation.

Jackin' - To steal something, usually by force.

Jailhouse Lawyer, Writ Writer - A prisoner who studies

the law and helps other prisoners with their cases, or helps others fight the prison system.

Johnny Cochran - What a black jailhouse lawyer is called

Kite - Letter or note.

Kojaks - Tootsie pops.

Last Walk, Long Walk, Walkin' The Mile - Death row prisoner walking to the death chamber.

Lil' Bossman - A prisoner who acts like a prison guard

Lockdown - Confinement to cells, usually during an emergency or other disturbances.

Mark, Trick - Someone who is easy to con.

Matchbox - The amount of marijuna that will fit inside a matchbox.

Maytag - Someone, usually a punk, who washes other people's clothes to make money.

Mud - Coffee.

P.C. - Protective Custody.

Pay Rent, Ridin' - To pay protection or to be under the protection of another.

Peckerwood, Wood - A white male prisoner.

PHU - Protective Housing Unit. Where P.C. prisoners are housed.

Pigeon, Rat, Snitch - An informant.

Playing On Ass - Gambling with no money.

Politician, Puppet Master - Someone who has the connections or can pull strings to get something done.

Postal, Wacked Out - Crazy.

Pull A Card - To find out information about someone.

Racktime - Time when prisoners are locked in their cells

Rest Your Neck - Shut up.

Ridin' The Rack - Sitting or laying on your bunk.

Robocop - An officer who goes strictly by the book and usually writes alot of disciplinary cases.

Run A Line - To move something on a line such as magazines, kites, etc., from one cell to another. The line is made out of thread twisted and tied together

Running Court - When a prisoner breaks a convict rule, his own people (race or gang) will discipline him.

Rustler - A scavenger.

Schooled - A prisoner who has been taught the rules of prison life or of the gang that they belong to.

Seven Eleven, Stop n Go - The prison commissary.

Shank, Steel - A weapon, usually a sharpened steel rod or homemade knife.

Shit 'Em Down - To throw a correctional cocktail on another person.

Shootin' The Front Door - Someone leaving prison by the front door after being released.

Shot Of Dope - A cup of coffee, or enough coffee for a cup.

Shot, Ticket, Write Up - A disciplinary report.

Split His Wig Open - To hit someone in the head so hard that it splits their head open.

Spread - A meal made from commissary food in a person's cell.

Spread Your Hustle - Don't borrow from the same people all of the time.

Square - A cigarette or joint.

Stand Up Guy, Stay Down Guy - A prisoner who will fight back and can be depended on by his partners.

Starch n Irons - A prisoner's best clothes, usually re served for visits.

Stingers - An immersion heater used to heat up water.

Tack Head - A tattoo artist or a person who has alot of tattoos.

Talkin' Out The Side Of Your Neck - Lying/bullshitting

That's Dead - No.

That's Lame - No Good. That's bullshit.

That's Straight - Yes.

The Green Room - Death chamber. A lot of prison death chambers are painted green, such as the one in Texas

The Shoe (SHU) - Security Housing Unit.

Turn Out - To rape another prisoner.

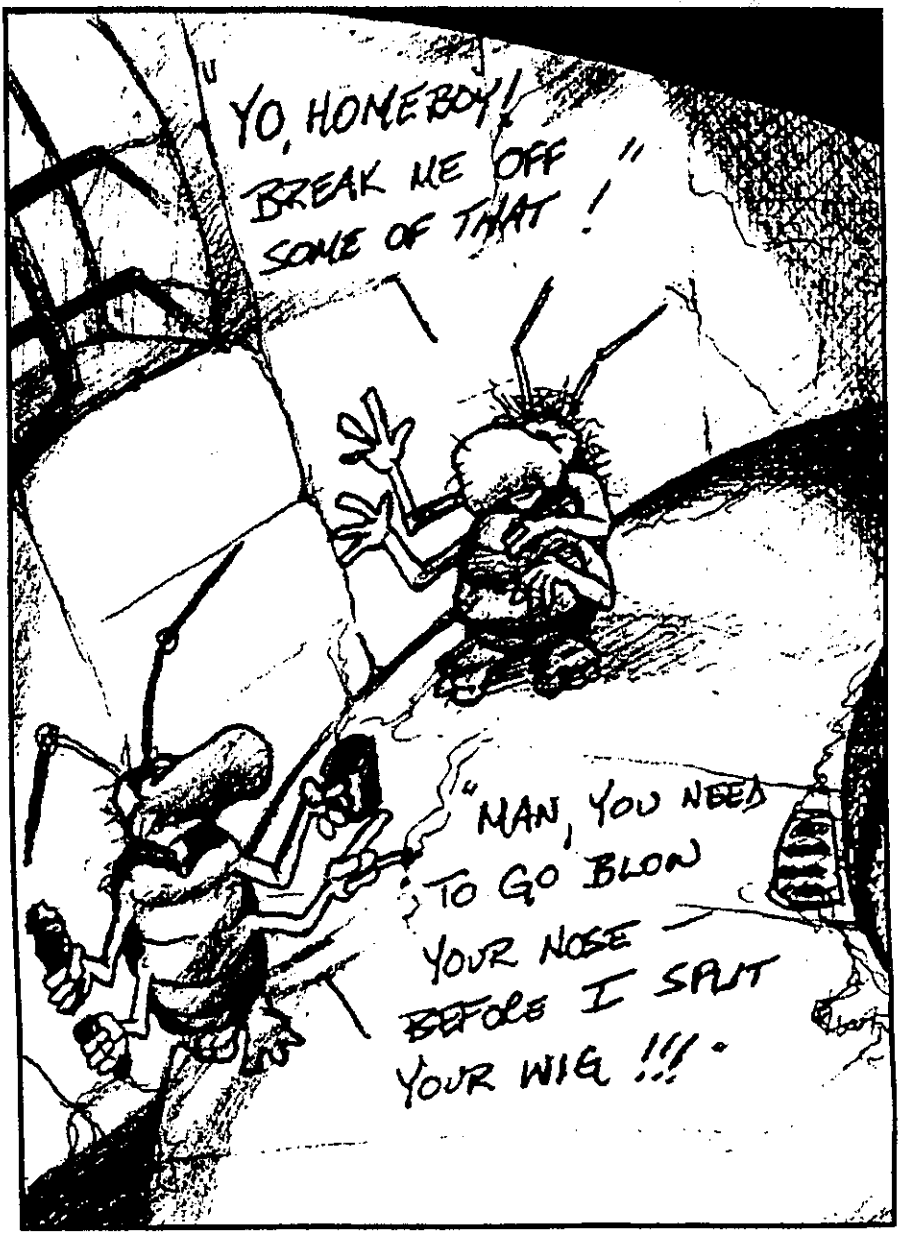
Walkin' Papers - Release papers.

Wham Whams - Cookies.

White Boy - A derogatory term for a white prisoner.

Zoo Zoos - Any kind of candy, usually a hard candy such as Jolly Ranchers.

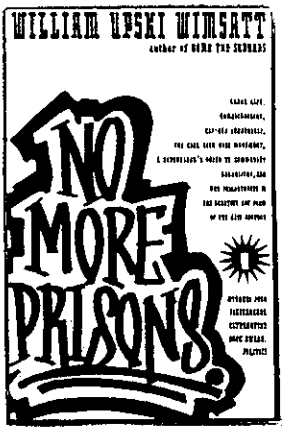
This is just a small selection of the prison slang words and phrases that you might hear in any prison. Some might be heard nationally, whereas others might only be regional or even just local. Like any language it is constantly changing and evolving. Some of these words may have different meanings in other states, or they might not even be used at all. Some of them may even be out of date by the time you read this.


YO, HOMEBOY! BREAK ME OFF SOME OF THAT!
"MAN, YOU NEED TO GO BLOW YOUR NOSE BEFORE I SPIT YOUR WIG!!!"

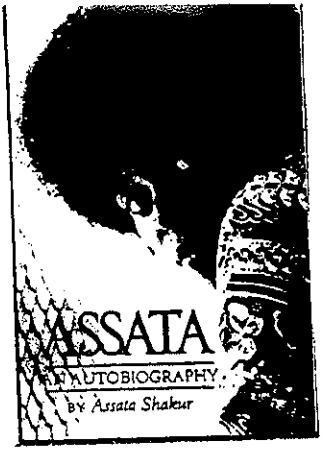
PAN MERCHANDISE

All profits from merchandise sales go to keep the Books 4 Prisoners project afloat All books are $10 and $2 shipping for first 1-2 books add $1 each book after (even with postage our prices are way cheaper than you will find at any corporate chain store.). Stickers are $1 each. Send well concealed cash, check, or money order (made payable to Books for Prisoners).

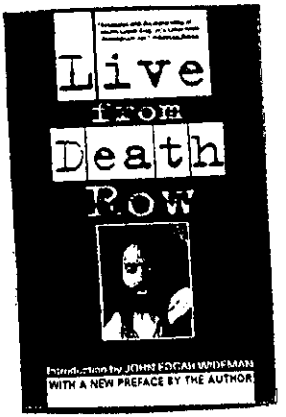
The Black Panthers speak
By Philip S. Foner



No More prisons
By William Upski Wimsatt



Assata
By Assata Shakur



Live from death row
By Mumia Abu Jamal

NO MORE PRISONS sticker
Graphic By Diets

P[illegible] Love Prisoners

★ SPECIAL NOTE! ★
Effective June of 2003
PAN OHIO has become inactive.
Please help us spread the word.

Columbus, [illegible] 14

RECIPES FROM INSIDE THE BIG HOUSE

These recipes were submitted by prisoners from all across America, so now all of you freeworld folks can eat the same way that prisoners from all across the country do everyday!

This book has just about every kind of recipe that someone might want, from breakfast to those necessary late night snacks and even some stuff that you might not believe!

LOOK AT WHAT IS INCLUDED

*Breakfast
*Beverages
*Snacks & Treats
*Main Meals
*Gravies & Sauces
*Tuna & Mackerel
*Strange and Unusual Stuff

Also included is a glossary of prison slang so that all of you freeworld people can talk just like a real convict while you chow down on all of your favorite prison spreads.

ALL PROCEADS GO TO SUPPORT PANS BOOKS 4 PRISONERS PROGRAM. THE PURCHASE OF THIS ZINE WILL PAY FOR 1 PRISONER BOOK PACKAGE. -*THANK YOU!*